

LIFEGUARD TRAINING COURSE

To be eligible for the Lifeguard Training Course, the candidate must be 16 years of age and successfully complete the following swimming prerequisites:

1. Swim 300 hundred yards continuously, using these strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing and a propellant kick
 - 100 yards of breaststroke
 - 100 yards of either front crawl or breaststroke. This 100 may be a mixture of front crawl and breaststroke.

Note: for the above skill there is no time requirement. Prospective participants must show only that they can swim 300 yards using the above strokes without stopping.

2. Within 1 minute and 40 seconds you must swim 20 yards using front crawl or breaststroke, surface dive to a depth of 13 feet, retrieve a 10 pound object, return to the surface and swim 20 yards back to the starting point with the object and be able to get the brick and yourself back on to the surface of the deck with out using the exit ladder.

Note: When returning to the starting point, the candidate must hold the 10-pound object with both hands and must keep his or her face above the water.